

# November 2023 Menu Selections



			Wednesday, November 1	Thursday, November 2	Friday, November 3	Saturday, November 4
			<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
			Grits French Toast Pork Sausage Links	Cinnamon Oatmeal Egg & Ham Bake Scone	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffle Crispy Bacon
			<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
			Roasted Turkey & Gravy or Liver & Onions  <i>Sides:</i> Garlic Mashed Potatoes Cream Style Corn  <i>Dessert:</i> Apple Pie	Cheesy Baked Ziti or Turkey & Swiss Sandwich  <i>Sides:</i> Seasoned Broccoli Three Bean Salad  <i>Dessert:</i> Tapioca Pudding	Meatloaf or Broccoli Cheese Quiche  <i>Sides:</i> Scalloped Potatoes Prince Edward Vegetable  <i>Dessert:</i> German Chocolate Cake	Beef Stroganoff or Breaded Cod  <i>Sides:</i> Garlic Noodles Mashed Potatoes Succotash <i>Dessert:</i> Chocolate Cream Pie
			<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
			<i>Soup:</i> Navy Bean & Ham Sausage Pizza or Chicken Salad/Pita Plate  <i>Sides:</i> Caesar Salad with Dressing  <i>Dessert:</i> Chilled Pineapple	<i>Soup:</i> Tomato Rice BBq Riblet on a Bun or Vegetable Lasagna  <i>Sides:</i> Sweet Potato Fries Herbed Green Beans <i>Dessert:</i> Chilled Paches	<i>Soup:</i> Pasta Fagioli Cheese Tortellini or Egg Salad on Wheat  <i>Sides:</i> Glazed Baby Carrots Marinated Cucumbers <i>Dessert:</i> Assorted Gelatin	<i>Soup:</i> Cream of Mushroom Crab Mac & Cheese or Kielbasa & Kraut  <i>Sides:</i> Potato & Cheese Pierogi Lettuce & Tomato Salad <i>Dessert:</i> Tropical Fruit



<i>Sunday, November 5</i>	<i>Monday, November 6</i>	<i>Tuesday, November 7</i>	<i>Wednesday, November 8</i>	<i>Thursday, November 9</i>	<i>Friday, November 10</i>	<i>Saturday, November 11</i>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat Scrambled Egg with Cheese Toasted English Muffin	Cinnamon Oatmeal Buttermilk Pancakes Turkey Sausage Links	Cream of Wheat Cheese Omelet Hash Brown Patty	Grits French Toast Pork Sausage Links	Maple Sugar Oatmeal Egg & Sausage Bake Blueberry Muffin	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffle Crispy Bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Penne Pasta w Meatsauce or Ham Salad on White</b>  <i>Sides:</i> California Blend Creamy Cucumbers  <i>Dessert:</i> Chilled Pears	<b>French Onion Pork Chops or Chicken Dijon</b>  <i>Sides:</i> Herbed Rice Seasoned Broccoli  <i>Dessert:</i> Butterscotch Pudding	<b>Herb Roasted Turkey or Swiss Steak</b>  <i>Sides:</i> Sage Bread Dressing Mashed Potatoes Cream Style Corn  <i>Dessert:</i> Unfrosted Marble Cake	<b>Meatloaf or Honey BBQ Chicken Wings</b>  <i>Sides:</i> Chive Mashed Potatoes Tater Tots California Blend  <i>Dessert:</i> Black Forest Pudding	<b>Cheese Lasagna Rollup or Swiss Steak</b>  <i>Sides:</i> French Bread Mashed Potatoes Parslied Carrots  <i>Dessert:</i> Lemon Meringue Pie	<b>Chicken Rice Casserole or Ham Salad on Wheat</b>  <i>Sides:</i> Holiday Peas Beet & Onion Salad  <i>Dessert:</i> Sugar Cookies	<b>Cranberry Chicken or Cheese Quiche</b>  <i>Sides:</i> Brown Rice Pilaf Brussel Sprouts  <i>Dessert:</i> Pear Crisp
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
<i>Soup:</i> Egg Drop <b>Beef Patty Melt or Chicken Stir Fry</b>  <i>Sides:</i> Three Bean Salad Sesame Brown Rice  <i>Dessert:</i> Pineapple UpsideDown Cake	<i>Soup:</i> Chicken Noodle <b>Cheeseburger or Hot Dog</b>  <i>Sides:</i> French Fries Corn bean Salad  <i>Dessert:</i> Peaches Diced	<i>Soup:</i> Vegetable <b>Arroz Con Pollo or Tuna on Wheat</b>  <i>Sides:</i> Italian Vegetable Dill Potato Salad  <i>Dessert:</i> Seasonal Fresh Fruit	<i>Soup:</i> Mushroom Barley <b>Stuffed Cabbage or Turkey Pot Pie</b>  <i>Sides:</i> Fluffy Rice Peas and Carrots  <i>Dessert:</i> Chilled Fruit Cocktail	<i>Soup:</i> Broccoli Cheddar <b>Turkey Almondine or Chicken Cheesesteak</b>  <i>Sides:</i> Fluffy Rice Meadow Blend Coleslaw  <i>Dessert:</i> Chilled Diced Pears	<i>Soup:</i> Split Pea Macaroni & Cheese or Baked Tilapia  <i>Sides:</i> Brown Rice Stewed Tomatoes  <i>Dessert:</i> Tropical Fruit Cup	<i>Soup:</i> Cream of Potato <b>Turkey Stew or Kielbasa &amp; Kraut</b>  <i>Sides:</i> Biscuit Potato & Cheese Pierogi  <i>Dessert:</i> Cinnamon Applesauce



Sunday, November 12	Monday, November 13	Tuesday, November 14	Wednesday, November 15	Thursday, November 16	Friday, November 17	Saturday, November 18
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat Scrambled Eggs with Cheese Toasted English Muffin	Cinnamon Oatmeal Blueberry Pancakes Turkey Sausage Links	Cream of Wheat Cheese Omelet Coffecake	Grits French Toast Pork Sausage Links	Cinnamon Oatmeal Egg & Ham Bake Scone	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffle Crispy Bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Spaghetti & Meatballs or Breaded Cod  Sides: Seasoned Green Beans Herb Seasoned Orzo  Dessert: Brownie	Beef Stew or Cheese Ravioli  Sides: Parslied Noodles Seasoned Green Beans  Dessert: Mandarin Oranges	Pork Chops & Apples or Crab Cakes  Sides: Sweet Potato Casserole French Fries Savory Carrots  Dessert: Vanilla Ice Cream	Garlic Sage Chicken or Eggplant Parm  Sides: Angel Hair Pasta Winter Blend  Dessert: Pumpkin Pie	Pineapple Glazed Ham or Chicken Salad on Wheat  Sides: Chive Mashed Potato Seasoned Zucchini Beet & Onion Salad  Dessert: Poke Cake	Sloppy Joe on Bun or Seafood Croquettes  Sides: Fluffy Rice Prince Edward Vegetable  Dessert: Lemon Meringue Pie	BBQ Riblet on Bun or Cottage Cheese & Pineapple  Sides: Seasoned Broccoli Wheat Dinner Roll  Dessert: Hot Cocoa Cake
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Egg Drop Sweet & Sour Pork or Chef Salad Bowl  Sides: Fluffy Rice California Blend  Dessert: Marbled Fruit Gelatin	Soup: Turkey Rice Italian Sausage & Peppers or Tuna Melt Sandwich  Sides: Rosemary Garlic Potatoes Italian Vegetable  Dessert: Strawberry Cream Pie	Soup: Beef Barley Stuffed Shells or Loaded Turkey Hoagie  Sides: Broccoli Normandy, Dinner Roll Three Bean Salad  Dessert: Diced Pears	Soup: Italian Wedding Tuna Noodle Casserole or Roast Beef & Cheddar Wrap  Sides: Peas & Mushrooms Potato Salad  Dessert: Fresh Cantaloupe	Soup: Chicken Noodle Cheese Pizza or Egg Salad/Macaroni Plate  Sides: Caesar Salad with Dressing  Dessert: Orange Pineapple Gelatin	Soup: Cabbage Soup Philly Cheesesteak or Ham Salad on Wheat  Sides: Tator Tots Spinach Salad  Dessert: Caramel Apple Slices	Soup: Tomato Rice Penne Pasta w Meatsauce or Turkey Burger on Bun  Sides: Italian Veg Sweet Potatop Fries  Dessert: Heavenly Hash



<i>Sunday, November 19</i>	<i>Monday, November 20</i>	<i>Tuesday, November 21</i>	<i>Wednesday, November 22</i>	<i>Thursday, November 23</i>	<i>Friday, November 24</i>	<i>Saturday, November 25</i>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat Scrambled Eggs with Cheese Toasted English Muffin	Cinnamon Oatmeal Buttermilk Pancakes Turkey Sausage Links	Cream of Wheat Cheese Omelet Hash Brown Patty	Grits French Toast Pork Sausage	Maple Sugar Oatmeal Egg & Sausage Bake Blueberry Muffin	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffle Crispy Bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Chili with Beans</b> or <b>BBQ Pulled Pork</b>  <i>Sides:</i> Brown Rice Italian Green Beans  <i>Dessert:</i> Apple Pie	<b>Honey Chicken</b> or <b>Baked Tilapia</b>  <i>Sides:</i> Parslied Potatoes Creamed Spinach  <i>Dessert:</i> Pound Cake	<b>Pesto Turkey</b> or <b>Manicotti</b>  <i>Sides:</i> Tri Color Rotini Italian Veg  <i>Dessert:</i> Coconut Cream Pie	<b>Beef Tips &amp; Mushrooms</b> or <b>Chef Salad Bowl</b>  <i>Sides:</i> Fluffy Rice Green Beans Oregano  <i>Dessert:</i> Strawberry Cream Pie	<b>Rosemary Chicken</b> or <b>Beef Ravioli</b>  <i>Sides:</i> Whipped Sweet Potatoes Brussel Sprouts  <i>Dessert:</i> Apple Crisp	<b>Roast Pork Loin</b> or <b>Turkey &amp; Cheese Sandwich</b>  <i>Sides:</i> Baked Potato California Blend Three Bean Salad  <i>Dessert:</i> Pumpkin Pie	<b>Lemon Tilapia</b> or <b>Chicken Salad on Bun</b>  <i>Sides:</i> Brown Rice Pilaf Carrots Tossed Salad  <i>Dessert:</i> Poke Cake
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
<i>Soup:</i> Cream of Mushroom <b>Turkey Noodle Casserole</b> or <b>Beef Patty Melt</b> <i>Sides:</i> Herbed Green Beans Dinner Roll Cucumber Salad  <i>Dessert:</i> Chilled Peaches	<i>Soup:</i> Corn Chowder <b>Macaroni &amp; Cheese</b> or <b>Chicken Tenders</b> <i>Sides:</i> Seasoned Broccoli French Fries  <i>Dessert:</i> Fruit Cocktail	<i>Soup:</i> Garden Vegetable <b>Shephard's Pie</b> or <b>Italian Pork Wrap</b> <i>Sides:</i> Wheat Dinner Roll Italian Beets  <i>Dessert:</i> Chilled Pineapple	<i>Soup:</i> Cream of Potato <b>Fish &amp; Chips</b> or <b>Personal Pizza</b> <i>Sides:</i> Coleslaw Parslied Carrots  <i>Dessert:</i> Mandarin Oranges	<i>Soup:</i> Tomato Rice <b>Stuffed Pepper</b> or <b>Grilled Cheese &amp; Tomato</b> <i>Sides:</i> Warm Potato Salad Tossed Salad  <i>Dessert:</i> Peaches & Cream	<i>Soup:</i> Hearty Vegetable <b>Sweet &amp; Sour Chicken</b> or <b>Crab Salad Sandwich</b> <i>Sides:</i> Herbed Rice Chuckwagon Corn Carrot Raisin Salad  <i>Dessert:</i> Assorted Gelatin Cup	<i>Soup:</i> Vegetable Florentine <b>Hot Dog</b> or <b>Cottage Cheese &amp; Pineapple</b> <i>Sides:</i> Tator Tots Italian veg Muffin  <i>Dessert:</i> Diced Pears



<i>Sunday, November 26</i>	<i>Monday, November 27</i>	<i>Tuesday, November 28</i>	<i>Wednesday, November 29</i>	<i>Thursday, November 30</i>		
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>		
Cream of Wheat Scrambled Eggs with Cheese Toasted English Muffin	Cinnamon Oatmeal Blueberry Pancakes Turkey Sausage Links	Cream of Wheat Cheese Omelet Coffeecake	Grits French Toast Pork Sausage Links	Cinnamon Oatmeal Egg & Ham Bake Scone		
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>		
<b>Baked Ham</b> or <b>Spinach Quiche</b>  <b>Sides:</b> Fluffy Rice Peas & Onions  <b>Dessert:</b> Chocolate Chip Cookies	<b>BBQ Chicken Leg</b> or <b>Sausage Pepper Sub</b>  <b>Sides:</b> Cornbread Stuffing Green Beans & Pimientos  <b>Dessert:</b> Unfrosted Spice Cake	<b>Chicken Parm</b> or <b>Crab Cake</b>  <b>Sides:</b> Buttered Spaghetti French Fries Italian Vegetables  <b>Dessert:</b> Brownie	<b>Roasted Turkey &amp; Gravy</b> or <b>Liver &amp; Onions</b>  <b>Sides:</b> Garlic Mashed Potatoes Cream Style Corn  <b>Dessert:</b> Apple Pie	<b>Cheesy Baked Ziti</b> or <b>Turkey Swiss Sandwich</b>  <b>Sides:</b> Seasoned Broccoli Three Bean Salad  <b>Dessert:</b> Tapioca Pudding		
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>		
<b>Soup:</b> Pasta Fagioli <b>Italian Pasta Bake</b> or <b>Egg Salad on Wheat</b>  <b>Sides:</b> California Blend Beet & Onion Salad  <b>Dessert:</b> Rosy Applesauce	<b>Soup:</b> Cabbage Soup <b>Tuna Noodle Casserole</b> or <b>Mushroom Swiss Burger</b>  <b>Sides:</b> Peas & Onions Beet & Onion Salad  <b>Dessert:</b> Ambrosia	<b>Soup:</b> Chicken Orzo <b>Salisbury Steak</b> or <b>Turkey California Wrap</b>  <b>Sides:</b> Chive Mashed Potatoes Potato Salad Seasoned Carrots  <b>Dessert:</b> Honeydew & Cantaloupe	<b>Soup:</b> Navy Bean & Ham <b>Sausage Pizza</b> or <b>Chicken Salad/Pita Plate</b>  <b>Sides:</b> Ceasar Salad with Dressing  <b>Dessert:</b> Chilled Pineapple	<b>Soup:</b> Tomato Rice <b>BBQ Riblet on Bun</b> or <b>Vegetable Lasagna</b>  <b>Sides:</b> Sweet Potato Fries Herbed Green Beans  <b>Dessert:</b> Chilled Peaches		